

## **corn broccoli bake<sup>65</sup>**

**Number of Servings: 65 (114.48 g per serving)**

Amount	Measure	Ingredient
3 1/4	qt	Corn, cream style, cnd
7 1/2	lb	Broccoli, chpd, 80% ckd, fzn
7 3/4	ea	Eggs, whole, raw, lrg
104.00	ea	Crackers, saltine, unsalted tops
2/3	cup	Spice, onion, minced, dehyd
1/4	tsp	Spice, pepper, black

### **Nutrients per serving**

Nutrition Facts			
Serving Size (114g)			
Servings Per Container			
Amount Per Serving			
Calories 90		Calories from Fat 10	
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium	220mg		9%
Total Carbohydrate	15g		5%
Dietary Fiber	2g		8%
Sugars	5g		
Protein 3g			
Vitamin A 8%		Vitamin C 40%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### **Notes**

A #303 can of creamed corn = 1 3/4 cup. A #10 can of creamed corn = 12 1/2 cups

Combine creamed corn; drained, partially cooked broccoli; eggs; crumbs; onion and pepper. Turn into baking pan and cover with foil. Bake 40-60 minutes at 350 degrees.

Serve #8 scoop, or 1/2 cup/serving

1/2 c = ~16 grams carbohydrate = 1 Carb Serving